

# An introduction to Polypharmacy



Polypharmacy is a term that describes people taking multiple medicines



As people get older and are taking more medicines, they are more likely to have problems with their medicines

It can be complex to manage, and can sometimes become a problem...



## Advice for...

### Patients

Speak to your pharmacist, doctor or nurse if you're having problems with your medication, you don't want to take them anymore, or if you're taking OTC medicines or supplements



### Professionals

Make sure your patients know what their medicines are for, can and want to take them, feel they can be honest about medicine usage and are involved in any medicines reviews



### + Organisations

Empower pharmacists to manage polypharmacy issues, make sure systems, culture & behaviours identify and review these patients, keep the team up-to-date when medication is stopped/started

